

# February 2020

# SAGE HOUSE

Street Women's Health,  
Outreach and Resource  
Services

A Program of  
Mount Carmel Clinic  
For Women who are  
Sex Trade Workers,  
Drug Users or  
Street Involved.

422 Dufferin Avenue  
Winnipeg, Manitoba  
Phone: 204 943-6379  
Fax: 204 219-1929

















































If you do not have a  
permanent address  
you can use the  
following mailing address.

886 Main  
c/o Sage House  
Winnipeg, Manitoba  
R2W 5L4

We will hold your mail until you  
pick it up at  
888 Main Street.

If you want to know if you have  
mail or messages please call  
204-943-6379

 **Mount Carmel**  
CLINIC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>S.N.O.W. NIGHT CAMP 2020</b> Safe Night Out of Winnipeg For Women and Transwomen Sex Trade Workers Monday February 24th to Wednesday February 26th , 2020 We would like to dedicate two nights where women working in the survival sex trade are safe from violence, harm and hunger. Please join us for this fun filled two night Sleep Away Camp-party celebrating YOU! This event will include lots of food, a safe place to sleep, games, crafts, treats, manicures, hairstyling, make-up, movies, gifts, door prizes and resources that may be helpful to you! For More Information or to complete an application to attend Call: Sada at Salvation Army - 204 -218-8970 Karen at Sage House - 204-451-8091 or Kim at Clinic - 204-226-9138				<b>Community Drum Circle every Thursday at Mount Carmel Clinic</b> <b>886 Main Street</b> <b>5-7:30 pm.</b> <b>For Women, Men &amp; Youth</b> <b>Everyone is Welcome!</b> 		1
<b>2 Drop-in open 11-3 PM.</b>	<b>3 Health Care 1-3 PM.</b> <b>House Meeting 2 PM.</b> <b>Volunteer Meeting &amp; Orientation 3 PM.</b> <b>Red Road to Healing Group 5:30 PM.</b>   	<b>4 Sobriety Support 3 PM.</b> <b>Sharing Circle 5:30 PM</b>  	<b>5 Baking 2 PM.</b> <b>Art Therapy 3 PM.</b>  	<b>6 Harm Reduction Presentation 1:30 PM.</b> <b>SWAT Group 3 PM.</b> <b>SWWAC Art Workshop 5:30 PM.</b>  	<b>7 Health Care 1-3 PM.</b> <b>Drum Group 2 PM.</b>  	8
<b>9 Drop-in open 11-3 PM.</b>	<b>10 Health Care 1-3 PM.</b> <b>Probation Worker 1:30 PM.</b> <b>Bingo 2 PM.</b> <b>Red Road to Healing Group 5:30 PM.</b>   	<b>11 Sobriety Support 3 PM.</b> <b>Full Moon Ceremony 5:30 PM.</b>  	<b>12 Baking 2 PM.</b> <b>Medicine Bag Making 3 PM.</b>  	<b>13 Hairstylist 1 PM.</b> <b>SWAT Group 3 PM.</b> <b>SWWAC Art Workshop 5:30 PM.</b>   	<b>14 Health Care 1-3 PM.</b> <b>Drum Group 2 PM.</b> <b>MMIWG2S March 6 PM.</b> <b>U of W</b>   	15
<b>16 Drop-in open 11-3 PM.</b>	<b>17 Drop-in CLOSED STAT Holiday</b> 	<b>18 Massage Therapist 1 PM.</b> <b>EIA Worker 2 PM.</b> <b>Sobriety Support 3 PM.</b> <b>Sharing Circle 5:30 PM</b>   	<b>19 Baking 2 PM.</b> <b>Art Therapy 3 PM.</b>  	<b>20 Hairstylist 1 PM.</b> <b>SWAT Group 3 PM.</b> <b>Karaoke Night 5 PM.</b>   	<b>21 Health Care 1-3 PM.</b> <b>Drum Group 2 PM.</b>  	22
<b>23 Drop-in open 11-3 PM.</b>	<b>24 SNOW Camp</b> <b>Health Care 1-4 PM.</b> <b>Bingo 2 PM.</b> <b>Red Road to Healing Group 5:30 PM.</b>   	<b>25 SNOW Camp</b> <b>Probation Worker 1:30 PM.</b> <b>Sobriety Support 3 PM.</b> <b>Sharing Circle 5:30 PM</b> <b>Pizza Supper</b>   	<b>26 SNOW Camp</b> <b>Baking 2 PM.</b> <b>Birthday Celebration 3 PM.</b>  	<b>27 Hairstylist 1 PM.</b> <b>SWAT Group 3 PM.</b>  	<b>28 Health Care 1-3 PM.</b> <b>Drum Group 2 PM.</b>  	29

Drop-in Hours : Sunday 11-3 PM. Monday, Wednesday & Friday 1-5 PM. Tuesday & Thursday 1-8 PM.  
 Outreach Hours: Tuesday, Wednesday & Thursday 6-9 PM.



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Working together for  
a healthy community

## Information to Know, Events and Happenings February 2020

### Drop in & Activities

**Drop in will be held at 422 Dufferin on Sunday 11-3 pm. Monday, Wednesday and Friday 1-5 pm. and Tuesdays and Thursday from 1-8 pm.**  
Food, activities, laundry, showers, resources, advocacy, referrals, counselling, access to computers. Bingo every Monday. Drum Group every Friday at 2 pm.  
Baking Wednesdays. House Meeting once a month, Birthday Celebrations last Wednesday of the month.  
Dinner served Tuesdays at 4:30 pm. Soup and Sandwiches served Thursdays at 4:30 pm.

### Health Care, Counselling and Support

**Monday and Friday 1-3 pm. Nurse Practitioner Jessica** from Mount Carmel Clinic will be at Sage House providing Health Care for Sage Participants.  
**Tuesday's 1-3 pm.** Confidential Counselling and Support is available at Sage House with **Sam from Klinik.**  
**Tuesdays & Wednesdays 1-5 pm. Social Worker Andrea from Mount Carmel Clinic** will be in the Drop-in for Counselling, Support, Art Therapy Activities and Resources.  
**Friday's 1-4 pm. Mimi from North End Women's Centre** will be at Sage House providing Support, Advocacy, Resources and Information about Programs offered at NEWC.

### Sage House Ceremonies

**Elder Velma Orvis** will be at Drop-in every Tuesday providing Elder Support and also leading a Sage Sisters Sharing Circle, teachings and on some days conducting Ceremonies.  
**Full Moon Ceremony Tuesday February 11, 2020 at 5:30 pm.**

### THE VOLUNTEER PROGRAM AT MOUNT CARMEL CLINIC IS CHANGING!

**IF YOU ARE INTERESTED IN VOLUNTEERING AT SAGE HOUSE, OR IF YOU ARE AN EXISTING SAGE HOUSE VOLUNTEER, PLEASE JOIN US MONDAY FEBRUARY 3, 2020 FROM 3:00 to 4:00 PM FOR A VOLUNTEER ORIENTATION SESSION. IN ORDER TO VOLUNTEER AT SAGE HOUSE, YOU MUST ATTEND AN ORIENTATION. ORIENTATIONS WILL BE HELD ONCE-A-MONTH So if you miss this one you can go to the next one. For more information you can call Claire The Community Engagement Coordinator at Mount Carmel Clinic at 204-589-9418.**

**Harm Reduction Presentation Thursday February 6, 2020 at 1:30 pm.** Bryce a Nurse from Street Connections will be at Sage to present on Drug use and Harm Reduction. Snacks, bus tokens and door prize will be available.

**SWWAC Sex Workers of Wpg Action Collation Art Project Thursday February 6 & Thursday February 13, 2020 at 5:30 pm.** Johnny from SWWAC will be at Sage Dropin to collaborate and work on a Art Installation Project with SWWAC and Sage House. Snacks, bus tokens and door prize will be available.

**Medicine Bag Making Wednesday February 12, 2020 at 3 pm.**

**Free Dental Clinic** - Mount Carmel Clinic has a free dental clinic for street involved persons every **Wednesday at 2 pm.** If you are not on EIA or not eligible for dental benefits call **Staff at Sage House 204-943-6379** to book an appointment.

**Sobriety Support Group**- Come join your fellow sisters for support and sharing from a Harm Reduction Perspective once per week **Tuesdays 3-4 pm. at Sage House Drop-in.** Letters for Court, CFS etc. available upon request. Bus tokens will be provided.

**SWAT Group**– (Sex Workers Addressing Treatment) This group is an **open group** that meets at Sage House **Thursdays 3-4 pm.** SWAT will help women understand personal challenges and promote healthy lifestyle changes. The group will offer topics that address issues women face when exiting the sex trade such as creating healthy behaviors, harm reduction practices, addiction issues, coping skills and dealing with triggers. Incentives for attendance and bus tickets will be available. Special events and outings will also be planned. **Call Kim 204-226-9138 or Karen at 204-451-8091 for more info.**

**The Hairstylist Becky** is at **drop-in Thursday 1-3 pm.** come get your hair cut or styled for free. Check in with staff at drop-in desk if you want your hair done.  
**Registered Massage Therapist Carrie** will be available to give massages at Sage Drop-in **1:30-3 pm. on one day per month,** first come first served, sign up with staff when you arrive. Check front of calendar for dates.

**Street Outreach**– Sage House is doing **Street Outreach Tuesday, Wednesday & Thursday from 6-9 pm.** where Sage Outreach Workers are in the community. They hand out water, sandwiches and harm reduction supplies. They can also assist with connecting to resources.